

## Normal Reactions to Deployment

**Deploying Parent:** Before a long separation, you as a deploying parent may worry about losing touch with your children, especially very young ones. You may be worried that your child will change a great deal while you are away, or that he, or she may forget you. However, you can be a good parent while deployed, but not by accident. Three essential ingredients the loving deployed parent needs are:

- \*extra effort to stay in touch
- \*understanding the child's needs varies with age
- \*a very helpful partner (parent or caretaker at home)

**Parent At Home:** The parent who remains at home may be concerned with handling the heavier load of responsibility. At a time when the deploying parent's responsibilities to the command become most demanding, this parent begins to feel overwhelmed.

**Children:** Children's reactions vary with their ages. Change is puzzling to children and they may be worried, angry, or moody. Some children are impatient while others are concerned about the deploying parent's safety as the day approaches. A child may wonder, "Does he/she still love me?" "Why must he/she go away?" "Is he/she leaving because I was bad?" etc. In addition, children may blame the "stay at home" parent for the deployed parent's absence as they see that parent taking the other one to the ship, submarine, squadron, or airport.

## Keeping the Connection

Staying in touch with your children means understanding and responding to their concerns and doing the extra things, even from a distance, that keep the parent-child bond intact and that helps the love to grow.

Staying in touch starts well before the deployment, and it involves everyone in the family.



**The Fleet and Family Support Center is located on the Anacostia Annex, Bldg. 150, 2791 Brookley Ave. SW, Hours: Monday through Friday 7:30 a.m. to 4 p.m. Phone: 202-433-6151, DSN 288-6151**

## "The Quarterdeck" Fleet and Family Support Center Newsletter February 2003

### FFSC Workshops

All workshops are open to active duty service members, spouses, retirees and civilians affected by base realignment. Workshops are also open to DoD civilians on a space available basis. All classes held at WNY, Bldg #200 Training room, unless otherwise specified.

**Registration is required,  
Call (202) 433-6151 DSN 288-6151**

**11 February-Marketing for A Second Career,** 0900-1200. How to convert military training and experience to the civilian job market.

**11-14 February-"CONSEP" Mid Career Training,** 0800-1600 held at the FFSC. The Navy's mid-career planning workshop provides participants with career options and skills evaluation tools, which allow them to make educated decisions about career and life plans.

**13 February-Prevention and Relationship Enhancement (PREP),** 0730-1430. A seven hour, one day workshop designed to enhance relationships & to give couples tools to more effectively deal with difficult situations in their relationship.

**14 February-Advanced Resume Writing,** 0900-1200. Create a lean and mean job-winning resume out of an already existing one. Help is provided in polishing your resume by critiquing rough drafts of your individual resume and completing a final winning product.

**19 February-Finance 101,** 0900-1200. Are you new to the area? It's expensive to live in the Nation's Capital, but there are ways to trim some of your costs. We share secrets of survival in the metro DC area.

**19 February-Stress Management,** 1300-1500. This class identifies the causes of every day stress and teaches you strategies to manage and reduce stress effectively.

**20 February-VA Home Loan,** 1000-1200. Held at the FFSC. The VA office will provide information on your VA home loan benefit. How to get your eligibility certificate, reestablish your eligibility if used before, repossessed VA homes, and current loan information are some of the items discussed.

**20 February-Anger Management,** 1300-1500.- This program provides personal awareness about patterns of angry behavior and offers participants a variety of acceptable coping strategies to handle angry feelings.

**25 February-Investing 4 Your Future,** 0800-1600. Make the transition from "saver" to "investor" and become familiar with dozens of specific investment products, this workshop is for the beginner investor.

**27 February-Smart Emotions-Using Anger Wisely,** 0730-1530. This workshop helps individuals learn to deal with their anger in more effective, positive ways.

## Exceptional Family Member Program (EFMP)

### "A Program to Know About"

The EFMP is a mandatory program designed to help provide for the needs of DEERS-eligible military family members who may require special medical, psychological, emotional or educational support. Once a medical or educational diagnosis has been made, that family member is eligible to enroll in the Exceptional Family Member Program.

Those who need to enroll are urged to do so, well before their next permanent change of station, because it assists assignment monitors or detailers in assigning Marines or Sailors to an area where a continuum of health care and other services are available.

Although more service members are aware of this program, there are still some unidentified families with special needs. A concern is that these families are not receiving the services they require, nor the support they should have. Support can be financial, emotional, or simply informational. The EFMP Coordinator can assist in many ways: with information and referral, relocation assistance, advocacy, and by identifying resources.

Enrollment in the EFMP will not adversely affect advancement, career potential or eligibility for special programs and assignments. The active duty service member is still deployable, according to the needs of the Navy.

For further information, talk to your command EFM Point of Contact, the EFM Coordinator at Bethesda National Naval Medical Center (301) 295-5060, or the Fleet and Family Support Center (FFSC) Anacostia at (202)-433-6152.

Presentations on the EFM program are available and can be brought to your command by contacting your FFSC EFMP Coordinator.

### \*\*\*\*REMINDER\*\*\*\*

Enrollment updates are due every 3 years from the date Navy Personnel Command approves your enrollment.

*For additional information, suggestions, or concerns, please contact FFSC at 202-433-6151*